

# J A N U A R Y

## RECIPE

### Mashed Potatoes:

Potatoes are fat free.

A medium potato (with skin) has 100 calories and three grams of protein. It is an excellent source of fiber, potassium, and Vitamin C.

Idaho or Russet potatoes make the best mashed potatoes. Store raw potatoes in a cool, dry, and dark location. Do not refrigerate. Though any potato can be mashed, the higher starch in Idaho and

Russet potatoes make a dry and fluffy texture when cooked, which is perfect for mashed

potatoes. The higher starch potatoes drink up the liquid, such as milk, without becoming gummy.

Boil potatoes, halved, in a pot of water on the stove for at least 20 minutes or until you can stick a fork in them easily.

Drain potatoes immediately after cooking. Return potatoes

to the cooking pan and heat for a few minutes on low heat to get rid of any water. Warm some skim milk before adding to potatoes. If you are used to adding butter to your mashed potatoes, try using half the amount that you usually add. Mash the potatoes to make them fluffy.

“ My family loves dessert so I started using applesauce instead of oil when I make brownies. If the recipe calls for ½ cup of oil, I put about ½ cup of applesauce in to make it moist. It makes me feel better about the occasional brownie dessert. ”

Sherlyn, Nampa



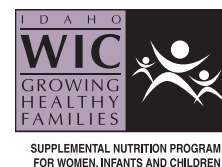
SUN	MON	TUE	WED	THU	FRI	SAT
				01 New Year's Day	02	03
04	05	06	07	08	09	10
11	12	13	14	15	16	17
18	19 Martin Luther King Day	20	21	22	23	24
25	26	27	28	29	30	31

Did you know it's...

Cervical Health Awareness Month, National Blood Donor Month



**Keep your family moving** even when the weather is cold. Inside: Have a family dance party or get up and exercise together during TV commercials – do jumping jacks, push ups, or jog in place. Outside, bundle up and have a scavenger hunt, build a snowman together or have a snowball fight.



## Healthy Life Tip

Radon is the leading cause of lung cancer for non-smokers. High radon levels have been found in every county in Idaho. Have you tested your home or apartment for radon? To learn more about radon and to receive a free kit to test your home, visit our website: [healthandwelfare.idaho.gov](http://healthandwelfare.idaho.gov), click on “Radon,” then click on “Free Radon Test Kit.”



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